

## IIS Bag Weight Policy AY-2026-2027

### Purpose

To ensure the physical well-being of students at International Indian School by regulating and minimizing the weight of school bags, in accordance with ADEK's Health and Safety requirements. This policy aims to prevent musculoskeletal strain and promote student health and comfort.

### Scope

This policy applies to all students of International Indian School from Kindergarten to Grade 12 and is applicable to all academic subjects, including textbooks, notebooks, stationery, and additional learning materials.

### Bag Weight Guidelines (As per ADEK)

Grade Level	Maximum Bag Weight
KG1-FS2	Not to exceed <b>2 kg</b>
KG2-Year 1	Not to exceed <b>2 kg</b>
KG2 / Year 1	Not to exceed <b>2 kg</b>
Grade 2-5	Approx. <b>3-4.5 kg</b>
Grades 6-8	Approx. <b>6-8 kg</b>
Grade 9-12	Up to <b>10 kg</b>

### Implementation Measures

#### School Responsibilities

- Teachers must plan the timetable to avoid carrying unnecessary books daily.
- Provide digital resources or access to online books where feasible.
- Maintain class copies of frequently used books/notebooks for Grades 1-5.
- Assign homework in a way that avoids carrying multiple subject materials.
- Regularly monitor student bags for compliance.
- Install lockers wherever possible for middle and senior students.

#### Parent Responsibilities

- Label and regularly check school bags to ensure unnecessary items are not carried.
- Encourage children to carry only required materials as per the timetable.
- Choose ergonomically designed bags with padded straps.

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### **Student Responsibilities**

- Pack bags according to the daily timetable.
- Avoid bringing non-essential items such as toys, personal gadgets (unless required).
- Report any back or shoulder discomfort to parents/teachers.

### **Monitoring and Evaluation**

- Monthly bag weight checks by class teachers.
- Random checks by Health & Safety Officer or School Nurse.
- Feedback from students, parents, and teachers on implementation.

### **Awareness and Orientation**

- Conduct orientation for parents and students at the beginning of the academic year.
- Display posters in school corridors about safe bag use and posture.
- Organize health talks in collaboration with school medical staff.

### **Non-Compliance**

Repeated non-compliance by students may result in:

- Informing parents with a reminder note.
- Counseling by the school nurse or counselor.
- Involvement of the Health & Safety Committee if persistent.

### **Policy Reviewed By**

**Ms Shanty P Devasia**

**(Vice Principal )**

### **Approved By**

**Dr Beno Kurien**

**(School Principal )**

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